CAPYBARA SIGHTING?

Toronto man says he spotted High Park Zoo's furry fugitive

metro NEWS

Toronto metro

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NOT COOL

Canadians priced out of fresh produce

metroNEWS

Wafa Aouchiche is one of the speakers at next Friday's event at the Centre for Social Innovation in the Annex. LIZ BEDDALL/METRO

'You already know what people are thinking of you. That's our biggest challenge.'

Muslim Canadians aim to dispel stereotypes during Night of Empowerment

metroNEWS

T.O. police target traffic scofflaws

TORONTO'S DEADLY STREETS

Paid duty officers directing traffic at eight key intersections

Chris Bateman
For Metro | Toronto

Traffic scofflaws, beware. The police are going to be watching you.

In a bid to make some of Toronto's busiest intersections safer for all road users, the city is launching a $250,000 pilot project later this month that will see paid duty police officers directing traffic at eight key intersections.

The police will be looking for road users defying turn restrictions, blocking intersections, or otherwise acting in a way that makes life more dangerous or difficult for others.

"Our goal here is not necessarily to issue tickets, but to gain better compliance," said Stephen Buckley, the city's general manager of Transportation Services.

Buckley also said the pilot will also look at the actions of cyclists and pedestrians.

"Obviously, there's bad behaviour that's done by drivers, but occasionally there's risky behaviour undertaken by pedestrians," he said. "Having the police presence out there will help better manage all the road users."

Dylan Reid, a pedestrian activist from Walk Toronto, said better behaved drivers will make the road safer for everyone.

"I think if drivers know they're being watched, they're less likely to engage in aggressive and risky behaviours, and that's what really puts pedestrians in danger," he said.

However, Reid said the most dangerous intersections for pedestrians are outside the downtown core on busy suburban arterials.

Currently, only paid duty police officers are allowed to direct traffic in Ontario. Mayor John Tory has indicated in the past he would like the province to reduce costs by allowing specially trained, non-police personnel to do the job instead.

If the eight-week pilot proves effective, Buckley said traffic officers may become a permanent fixture in Toronto.

The city is spending $250,000 to deploy officers to direct traffic at busy intersections, including Queen and Bay. LIZ BEDDALL/METRO

PROBLEM SPOTS

- Bay Street and Queen Street
- Front Street and Simcoe Street
- Lake Shore Boulevard and Parklawn Road
- Sheppard Avenue and Yonge Street
- Front Street and University Avenue
- Bay Street and Bloor Street
- University Avenue and Adelaide Street
- Bay Street from Bloor Street to Front Street

"In most cases a presence and the potential threat of citations can encourage better behaviour," he said.

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metro NEWS

Your essential daily news

No charges for the parents of a toddler who fell into the Cincinnati Zoo gorilla enclosure. **World**

The future is driverless

TRANSIT

Councillor wants to make sure city ready for 'new age'

Chris Bateman
For Metro | Toronto

Would you get on a bus with no driver?

Coun. Michelle Holland thinks you soon might, and she's asking the TTC to investigate the idea.

"This idea is about preparing the city for disruptive technology," she said. "I want to make sure the city is prepared for this new age … we know that within five years we're going to be seeing this more and more."

Coun. Holland's motion, which was seconded by Coun. Norm Kelly, asks the TTC to report on its preparations for the use of autonomous vehicles. So far, nothing much has been done, said TTC spokesman Brad Ross.

"This is not something that is on our radar with respect to purchasing driverless buses or anything like that," he said.

"We don't even have driverless trains yet, and that's certainly nearer than driverless buses at this point. It's just not something that we're looking at."

Last month, the city started looking at the potential impact of driverless cars in Toronto.

Stephen Buckley, Toronto's manager of transportation, said shared autonomous vehicles could potentially carry people "the last mile" between their homes and transit hubs.

Holland singled out the Dutch "WEpod" driverless bus as a "prime example" of the emerging driverless bus technology.

Summoned via smartphone app, the computerized, six-seat vehicles are expected to eventually transport passengers between towns in the Netherlands.

The TTC is already in the process of automating parts of the subway. When the Automatic Train Control signal system goes live on Line 1 in 2020, computers will control factors such as train speed and spacing.

On the road, Holland thinks autonomous buses could work with services such as WheelTrans, which provides accessible, door-to-door service for people with disabilities.

"It's not something that is imaginary," she said. "It's something that is going to happen, and we have to be prepared for that."

The "WEpod" driverless bus is currently being tested in the Netherlands. Coun. Michelle Holland thinks vehicles like it could soon be on the streets of Toronto. CONTRIBUTED

EFFICIENCY

TTC to remove 35 stops

Say goodbye to stop-start.

Later this month, the TTC will begin removing stops that are "unreasonably close together" or positioned away from crosswalks or intersections controlled with traffic lights. Here are some of the highlights.

504 King:

- Simcoe Street, east and westbound, removed.
- York Street, east and westbound, removed.
- Brant Street, east and westbound, removed.
- Victoria Street, westbound, removed.
- Broadview Avenue at Queen Street East, northbound, removed.

501 Queen:

- McCaul Street, east and westbound, removed.
- Simcoe Street, eastbound, moved to St. Patrick Street.
- Connaught and Woodward Avenues, eastbound, Kent and Connaught Avenues, westbound, consolidated into new eastbound and westbound stops at Woodfield Road.
- Woodbine Avenue, westbound, moved to east side of Woodbine Avenue.

505 Dundas:

- Crawford Street, westbound, moved to Shaw Street.
- Euclid Avenue, east and westbound, moved to Manning Avenue.
- Bellwoods Avenue, east and westbound, removed.
- College Street, eastbound, removed.

CHRIS BATEMAN/FOR METRO

The TTC approved the cost of overhauling 30 streetcars.
LIZ BEDDALL/METRO

DELAYS

Millions spent on aging streetcar fleet

Get used to riding old streetcars for a while longer.

Due to delays acquiring new vehicles from manufacturer Bombardier, the TTC is having to spend $34.1 million to keep its current fleet on the road in the interim.

"A lot of the vehicles are really in a bad state of repair," said Stephen Lam, the head of the TTC's streetcar department.

"Worse still, they're not reliable. They've got roof leaking, the traction system is acting up, and the trucks and wheels need a major overhaul as well."

The TTC approved the cost of completely overhauling 30 CLRVs — the streetcars without the bendy middle — at its March board meeting on the understanding the money can be claimed back as damages from Bombardier.

Lam said the TTC had been pushing off much-needed repairs under the assumption it would have dozens of new streetcars by now.

"We should have had up to about 80 vehicles," said Lam. "Seventy-five of the new cars could displace about 100 CLRVs. We should have retired up to 100 (old) cars."

So far, Bombardier has only delivered 20 new streetcars.

The CLRV streetcars date from the late 1970s and early '80s, and most are now beyond the end of their expected working life.

CHRIS BATEMAN/FOR METRO

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.
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DiNovo throws hat in leadership ring

POLITICS

Toronto MPP ready to run for top post in federal NDP

New Democrat MPP Cheri DiNovo is the first candidate in the race for the leadership of the federal New Democrats.

The well-regarded Parkdale-High Park MPP will officially throw her hat in the ring on Tuesday in Toronto.

DiNovo, an outspoken critic of ousted NDP Leader Thomas Mulcair, wants the federal New Democrats to "reaffirm" their socialist principles, tackle climate change, and advance social justice.

While she will not immediately resign as an MPP, sources close to her say she won't seek re-election in the 2018 provincial election regardless of the outcome of the federal leadership contest.

A champion of LBGTQ and other minority rights, DiNovo is one of the most effective opposition MPPs at Queen's Park with the Liberal government routinely adopting her private member's bills as government legislation.

Her work has led to increases in the hourly minimum wage, recognition of post-traumatic stress disorder as a workplace injury, and the addition of gender identity to the Ontario Human Rights Code, among other changes.

Last fall, DiNovo was among the first prominent New Democrats to call out the party for its poor showing in the October election won by Prime Minister Justin Trudeau's Liberals.

"Our results were completely devastating," the ordained United Church minister told freelance columnist Desmond Cole.

"The messaging that I hear and others hear coming out of Ottawa seems delusional in terms of its description of what went down," the 10-year MPP said in December.

"Blaming the mainstream media and the Liberal strategists is a little like farmers blaming the weather.

"The only entity we can change as the New Democratic Party is ourselves. We have some serious soul-searching to do."

Her comments came months before New Democrats dumped Mulcair at their Edmonton convention in April.

DiNovo has always maintained that the "small group of people around the leader, whispering in his ear" also deserved to be castigated for the NDP falling from official opposition to third place.

"There's enough blame to go around. I don't think we're going to solve things simply by changing the face at the top."

New Democrats will pick their new leader at a convention expected to be held in either September or October 2017.

TORSTAR NEWS SERVICE

NDP MPP Cheri DiNovo has said the NDP have 'serious soul-searching to do.' BERNARD WEIL/TORSTAR NEWS SERVICE

TENANT RIGHTS

City ponders licensing landlords

A proposal to move ahead with a licensing system for Toronto apartment buildings will be considered by council this week after vigorous lobbying by tenant advocates who support the plan and landlord opponents who don't.

The proposed rules would apply to rental buildings that have 10 or more units or are a minimum three stories high. The system would include annual inspections and require landlords to make sure maintenance plans are in place.

City council is not being asked to create a landlord licensing system now but to vote on holding public consultations this fall.

Natalie Hundt, a spokesperson for the Association of Community Organizations for Reform Now (ACORN), says licensing is urgently needed because many tenants are being forced to live in unsafe, substandard housing.

Daryl Chong, president and CEO of the Greater Toronto Apartment Association (GTAA), said a city staff report shows private sector apartments are in 92 per cent in compliance with city rules, which "hardly screams of a big problem."

Coun. Josh Matlow urges councillors not to be "scared into buckling to the landlord lobby's campaign of misinformation."

There is no "apartment tax," he said, but a licensing fee, between $12 and $15 per unit, possibly lower, to be paid for by landlords, not renters.

ACORN's Hundt urged Mayor John Tory to support the landlord licensing proposal.

"There is an opportunity for him to create a legacy for himself. Fifty per cent of the voting population are tenants and they know that they city needs landlord licensing to protect them."

TORSTAR NEWS SERVICE

Guns seized during Toronto police's Project Sizzle raids displayed during a news conference.
TORSTAR NEWS SERVICE

Food for firearms motion under fire

CITY COUNCIL

Officials set to weigh in on proposal's effectiveness

Gilbert Ngabo
Metro | Toronto

A Toronto councillor is facing criticism for suggesting the city could reduce gun violence by trading food for firearms.

At Tuesday's council meeting, officials will debate Ward 7 councillor Giorgio Mammoliti's motion to stage a gun amnesty blitz where food vouchers will be handed out in exchange for turning in guns to police.

The proposal follows a spate of shootings and stabbings across the city over the weekend.

A gun amnesty program conducted by police in November netted 100 firearms, but experts question whether the strategy has any lasting impact.

Jooyoung Lee, an assistant professor of sociology at the University of Toronto, said Mammoliti's amnesty motion is "intervening in the totally wrong way."

According to Lee, gun owners willing to participate in the amnesty exchange aren't likely to be those prone to using guns in violent crimes.

If the city wants to tackle gun violence, Lee said it should begin by building strong, stable communities. Mentorship programs or recreational sports leagues are more likely to keep children from joining street gangs than "just getting tough" on crime, he said.

"Police work is very important, but stopping gun violence can't be just about punishing people.

> **Stopping gun violence can't be just about punishing people.**
> Jooyoung Lee

"Generally the long-term solutions to ending gun violence are linked to ending poverty," he added, suggesting investments in affordable housing and education can help stop the proliferation of gun violence.

PREMATURE BIRTH

Shooter may be charged in baby death

Delivered by emergency C-section, forced to enter the world far earlier than he was ready, Candice Rochelle Bobb's tiny son died three weeks to the day after his mother's death.

Bobb, a 35-year-old from Malton, already mother to two sons, was shot May 15 while sitting in the backseat of a car parked in Etobicoke's Rexdale neighbourhood. She was rushed to hospital, where she died and her baby was delivered at 24 weeks.

Barely 12 hours later, police identified Bobb as Toronto's 29th homicide victim. Her premature son's death is more complicated.

Police are now consulting with the Crown, determining whether a suspect could be charged in the baby's death.

Whether the murder of a pregnant woman counts as one death or two has been the subject of heated debate in Canada for years, as the issue presents a slippery slope question of when a fetus becomes a human being.

The issue comes down to the definition of when the child becomes a human. According to the Criminal Code, a child becomes a human being "when it has completely proceeded, in a living state, from the body."

"I think there will be two charges of murder here," said Margaret Somerville founding director of the Centre for Medicine, Ethics and Law at McGill University. "This child was delivered, and it breathed, and it was kept alive." TORSTAR NEWS SERVICE

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Islam more than hijab

DIVERSITY

Muslim women share stories of Canadian experience

Gilbert Ngabo
Metro | Toronto

Wafa Aouchiche is tired of the debate over Muslim women wearing a hijab.

"Honestly I find it to be extremely upsetting," said the French and History teacher at St. Clement and Bishop Strachan schools. "Everyone is so obsessed with our hijab. No one is interested in men's beards, or what we actually do in society."

It's part of the entrenched stereotypes about Islam that Aouchiche and a group of Muslim women are looking to dispel during this year's Ramadan. At this week's "Night of Empowerment" event taking place at the Centre for Social Innovation, they'll share stories of success and adversity as Muslim Canadian women.

Aouchiche was only nine years old when, in 1995, her family fled the civil war in Algeria and moved to Toronto. Growing up, she faced all sorts of obstacles — from gender discrimination to Islamophobia — but resolved to succeed in spite of them.

She's recently teamed up with her fiancé to open a tour business in Jamaica, where she discovered stereotypes about Muslim women abound.

"People take pictures of us like we are an attraction," she said, adding she embraces those challenges and doesn't blame anyone. "When was the last time you saw a bunch of Muslim women roaming the island, taking boat rides and enjoying beach days, headscarf or not?"

By sharing her story, Aouchiche hopes to inspire other women, Muslims or not, to be true to themselves despite what society wants them to be.

"It's not an Islamic message. You just have to push back against the norms you don't agree with in your community," she said.

COMMUNITY

The Muslim Canadian Night of Empowerment takes place Friday at the Centre for Social Innovation in the Annex (720 Bathurst St.) between 6:30 p.m. and 8:30 p.m.

Wafa Aouchiche is one of the speakers at next Friday's Night of Empowerment for Canadian Muslims in Toronto. LIZ BEDDALL/METRO

HIGH PARK

Possible capybara sighting by pond

A Toronto man says he came within inches of one of the High Park Zoo's missing capybaras Sunday night, and now has a plan to capture the furry fugitives.

Ben Lovatt, a self-described animal lover and founder of the natural history museum Prehistoria, said he spotted one of the giant rodents at the southeast end of High Park before it slipped away into a drainage pond.

Monday evening, Lovatt, who used to run an exotic animal rescue, planned to return to the park to capture the capybara once and for all.

"I'm just bringing a whole bunch of treats, like berries and the like, attempting to lure it and then basically just throwing a blanket over the animal, wrapping it up and then walking it across the park to the zoo and be like, 'Hey, I got something for you,'" Lovatt said on Monday morning.

Not that he hasn't already tried. Lovatt said he and a friend spent hours tracking the animal after his friend spotted it walking north on Spring Rd. near the Queensway at about 9:30 p.m. Sunday.

According to Lovatt, his friend had originally attempted to lure the lone capybara with fruit he happened to have in his pocket, while another friend snapped a picture. The friend got "very close," but a spectator yelled, "I can catch it!" and ran towards the capybara, spooking it away.

The friend then called Lovatt to come help, and together, with Lovatt moving in from the north and the friend from the south, they spent more than an hour trying to capture the creature, losing sight of it but occasionally hearing it call out.

TORSTAR NEWS SERVICE

Ben Lovatt and his friend spotted this animal, possibly one of the fugitive capybaras, in High Park Sunday. FACEBOOK

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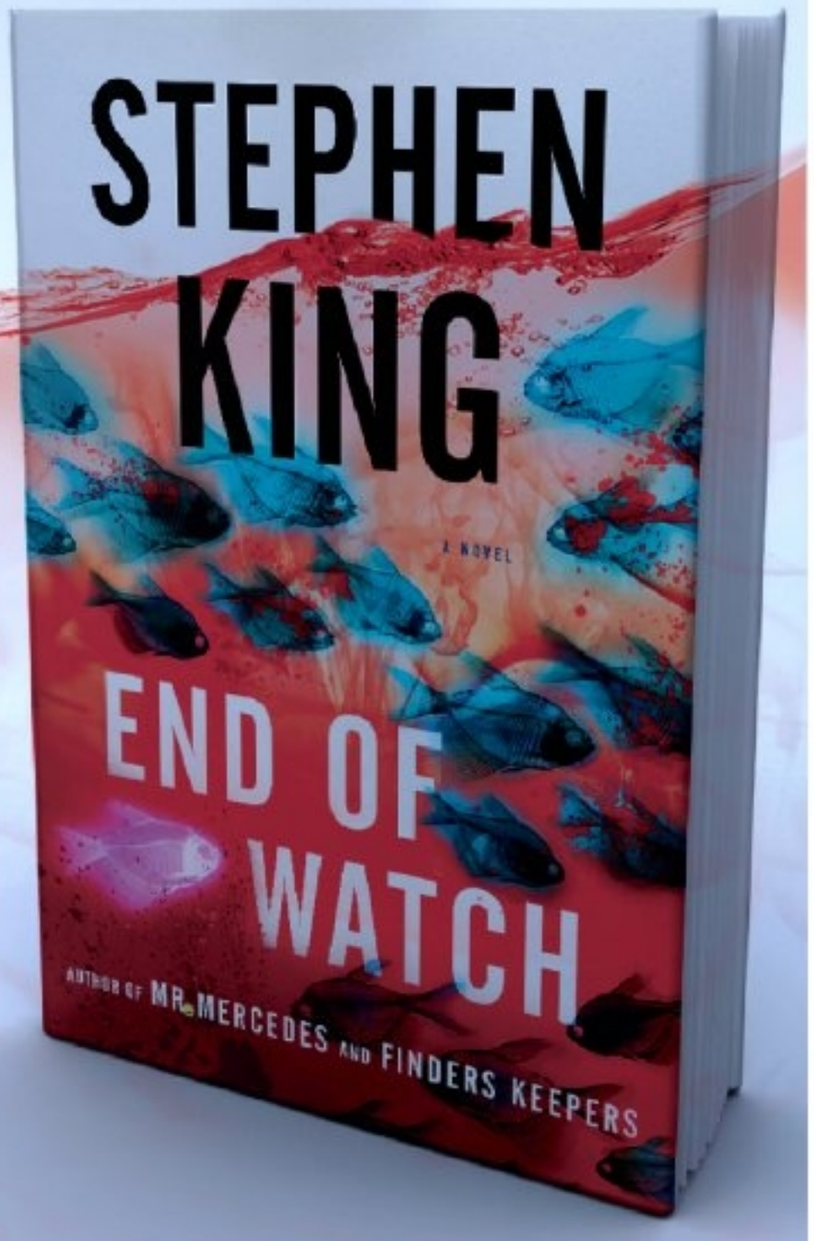

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Rules on assisted dying weak: Philpott

HEALTH CARE

Minister says provincial guidelines don't cut it

Jane Philpott, Minister of Health, speaks at a conference in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Health Minister Jane Philpott says provincial guidelines do not provide enough clarity and protection to physicians who may be asked to help their patients die, suggesting people will have trouble finding a doctor to assist them.

"Doctors may have inadequate protection and I expect in these early days, many physicians will be extremely reluctant to provide assistance to patients wanting medical assistance in dying," Philpott told a roomful of health-care professionals in a speech to the National Health Leadership Conference on Monday.

The minister reminded the audience that doctor-assisted dying would become legal effective at midnight Monday, her office said — after the federal government missed a Monday deadline set by the Supreme Court for enacting a law in response to its ruling on physician-assisted death.

"Unfortunately, despite tremendous effort, this bill is not yet in place," Philpott.

"That means that, effective tomorrow, you may be asked to do something that has never been expected of you before — to help people end their lives. It's a daunting prospect."

Medical regulators in every province have already issued guidelines for physicians on providing assistance in dying, based on the eligibility criteria outlined by the court.

Those rules impose safeguards similar to — and in some cases, even stronger than — those proposed in the government bill, C-14.

> **Doctors may have inadequate protection.**
> Jane Philpott

But Philpott said those guidelines are not enough.

"While I have faith in Canada's health-care providers to carry out these responsibilities responsibly and ethically, I believe that regulatory guidance alone is insufficient, given the nature of what you will be asked to do," Philpott said.

And those guidelines do not apply to everyone, Philpott said.

"Nurses, pharmacists and others who assist doctors will not have the guidance or protection they need," she said.

THE CANADIAN PRESS

WOODSTOCK

Police concerned by youth suicide rates

Police in Woodstock, Ont., say that five people aged 19 and younger have killed themselves since the beginning of 2016 in what an official of the Canadian Mental Health Association is calling a "suicide contagion."

Woodstock's chief of police said that in the same time frame 36 people have expressed suicidal thoughts or attempted suicide in Oxford County, which includes Woodstock and seven neighbouring communities. Woodstock and some of the surrounding area had a population of about 38,000 — nearly 9,000 of them 19 and younger — according to 2011 census data.

Officials in the area said they're working together to ensure they have enough resources to deal with the onslaught of calls to crisis lines, but high school students said they aren't seeing the effects.

In response to the situation, high school students in the city are speaking out on social media.

One Facebook group, called Youth Suicide Prevention in Woodstock, has more than 5,000 members. It was created by Gail Evraire, 39, who lives in Woodstock, to give teens an outlet to discuss their experiences.

"There was nothing being said about our youth, and what our youth were expressing about what their needs might be," she said.

"These are their peers that are taking their lives, and I can't imagine what the kids must be feeling."

THE CANADIAN PRESS

'CONTAGION'

Combatting a crisis

Mike McMahon, the executive director of CMHA Oxford, said his organization has been collaborating with police, the Thames Valley District School Board and other officials to combat what he called a "suicide contagion," the theory that one suicide can trigger other suicides in a community.

Over half of the stables at Fort McMurray's Clearwater horse club burned down. CONTRIBUTED

FORT MCMURRAY

Horse club facing uncertainty after wildfires

Alex Boyd
Metro | Edmonton

The horses of Fort McMurray's Clearwater Horse Club faced an evacuation almost as chaotic as their owners' own escape.

As fire raged, dozens were moved to new facilities, or rushed onto trailers for the trek south. When fire cut off that escape route, only one choice remained: Open the gates.

The horses formed a small herd and moved north through the forest. Now they've all been lured back by food, and Wiley said they're all safe.

But no one knows when they'll be able to go home.

Over half of the Club's 40 or so stables have burnt to the ground, and the paddocks are a misty white from the chemical compound sprayed all over town to keep the ash down. But while you can warn humans to stay away from potential toxins, the message is lost on horses.

"We're now sourcing professional cleanup, because if it's not safe for people, it's not safe for animals."

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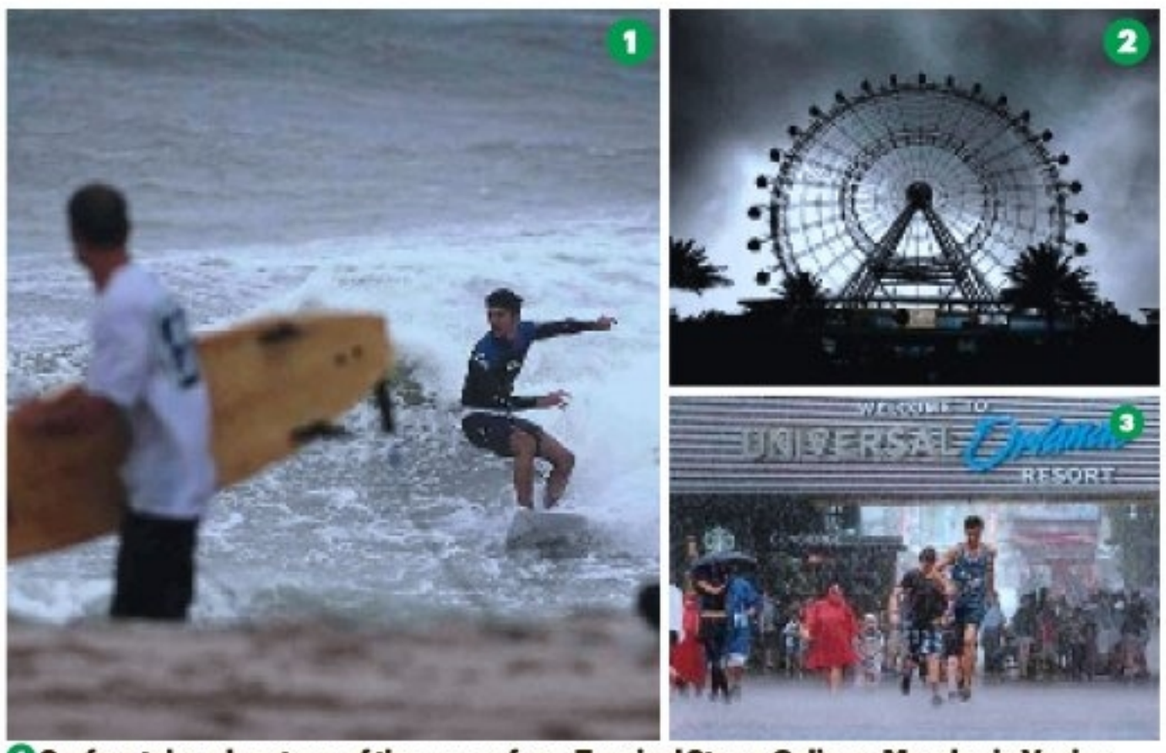

1 Surfers take advantage of the waves from Tropical Storm Colin on Monday in Venice, Fla. 2 Storm clouds from Tropical Storm Colin flank the Orlando Eye Ferris wheel as severe weather moves in. 3 Guests leave CityWalk at the Universal Orlando theme park complex in a torrential downpour as the first rain band from Tropical Storm Colin arrives. 1: JOE RAEDLE/GETTY IMAGES; 2 & 3: JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

WEATHER

Tropical storm pelts Florida

Heavy rains from Tropical Storm Colin hit north Florida and southern Georgia on Monday, knocking out power in some areas and flooding roads on the Gulf coast.

Residents filled sandbags, schools closed early and graduation ceremonies were postponed as Gov. Rick Scott declared a state of emergency.

The National Hurricane Center said Colin marked the earliest that a third named storm has ever formed in the Atlantic basin.

Colin's maximum sustained winds Monday were near 85 km/h with some slow strengthening possible during the next two days. THE ASSOCIATED PRESS

Clinton on the cusp of victory

U.S. POLITICS

Candidate has the delegates to win Democratic nomination

Striding into history, Hillary Clinton will become the first woman to top the presidential ticket of a major U.S. political party, capturing commitments Monday from the number of delegates needed to become the Democrats' presumptive nominee.

The victory arrived nearly eight years to the day after she conceded her first White House campaign to Barack Obama. Back then, she famously noted her inability to "shatter that highest, hardest glass ceiling."

Campaigning this time as the loyal successor to the nation's first black president, Clinton held off a surprisingly strong challenge from Vermont Sen. Bernie Sanders. He mobilized millions with a fervently liberal message and his insurgent candidacy revealed a deep level of national frustration with politics-as-usual, even among Democrats who have controlled the White House since 2009.

Clinton, the former secretary of state, New York senator and first lady, reached the 2,383 delegates needed to become the presumptive Democratic nominee on Monday with a decisive weekend victory in Puerto Rico and a burst of last-minute support from superdelegates. Those are party officials and officeholders, many of them eager to wrap up the primary amid preference polls showing her in a tightening race with presumptive GOP nominee Donald Trump.

Clinton has 1,812 pledged delegates won in primaries and caucuses. She also has the support of 571 superdelegates, according to an Associated Press count.

AP surveyed all 714 superdelegates repeatedly in the past seven months, and only 95 remain publicly uncommitted. While superdelegates will not formally cast their votes for Clinton until the party's July convention in Philadelphia, all those counted in her tally have unequivocally told AP they will do so.

"We really need to bring a close to this primary process and get on to defeating Donald Trump," said Nancy Worley, a superdelegate who chairs Alabama's Democratic Party. THE ASSOCIATED PRESS

THE RACE

Clinton outpaced Sanders in winning new superdelegate endorsements even after his string of primary and caucus wins in May. It is no longer possible for Sanders to reach the 2,383 needed to win the nomination based on the remaining available pledged delegates and uncommitted superdelegates.

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IN BRIEF

Afghan leader condemns killing of NPR reporters
The president of Afghanistan on Monday condemned the killings of David Gilkey, a veteran news photographer and video editor for National Public Radio, and Afghan journalist Zabihullah Tamanna in an insurgent ambush while on assignment.

The two were travelling Sunday in the south with an Afghan army unit in Helmand province when the convoy came under fire. THE ASSOCIATED PRESS

Frenchman accused of plotting Euro 2016 attacks
Ukraine's intelligence agency has thwarted a plot to attack the European Championship soccer tournament in France by arresting a heavily armed Frenchman who wanted to cross into the European Union, officials said Monday.

The Ukrainian Security Service said it had followed the man since December and allowed him to purchase weapons including two rocket-propelled grenade launchers before he was arrested last month. THE ASSOCIATED PRESS

ZOO

Mom in gorilla case won't be charged

A prosecutor announced Monday no charges will be brought against the mother of the little boy who got into the gorilla exhibit at the Cincinnati Zoo, saying the three-year-old "just scampered off" as children sometimes do.

The killing of a 400-pound gorilla that was dragging the child through a moat May 28 set off a torrent of criticism online, with some vilifying the zoo for shooting the animal and others blaming the mother for not watching her child more closely.

Hamilton County Prosecutor Joe Deters said the case didn't come close to warranting a charge of child endangerment, and he defended the mother as an attentive parent undeserving of the abuse and threats.

He said the mother had three other children with her, ages one to seven, and had turned away "for a few seconds" to attend to one when the boy took off.

"If anyone doesn't believe a three-year-old can scamper off very quickly, they've never had kids. Because they can. And they do," Deters said.

In a statement, the family said it was pleased with the decision.

"This is one more step in allowing us to put this tragic episode behind us and return to our normal family," the statement said.

Harambe the gorilla in an undated photo. AFP/GETTY IMAGES

The boy apparently climbed over a three-foot barrier, made his way through bushes and fell 15 feet into a shallow moat. The zoo's dangerous-animal response team shot the agitated, 17-year-old gorilla, Harambe, after concluding the boy's life was in danger.

The zoo plans to reopen its Gorilla World on Tuesday with a higher, reinforced barrier.

The zoo's actions will be reviewed separately by the U.S. Department of Agriculture. An animal protection group has urged that the zoo be fined. THE ASSOCIATED PRESS

Canadians buy fresh less

PRODUCE PRICES

Poll finds more people shifting to frozen fruit and vegetables

About half of those surveyed opted not to purchase cauliflower at some point over the past year. Several months ago, cauliflower prices spiked toward double digits per head thanks to a sliding loonie and drought in California. Some restaurateurs showcasing the cruciferous vegetable hiked prices or pulled the items from their menus altogether.

More than 15 per cent of respondents also admitted to avoiding broccoli, lettuce, oranges and apples. Apples, for example, jumped 23.4 per cent in price from April 2015 to last April, according to Statistics Canada. People said they also snubbed tomatoes, cucumbers, bananas and carrots, though they were fewer in number.

Some Canadians are snubbing expensive fruits and vegetables, instead turning to frozen produce and juice as less-pricey alternatives, a new survey by researchers from two universities has found.

Soaring produce prices have been a hot topic recently. Fresh vegetable costs rose 11.7 per cent and fresh fruit prices increased 11 per cent year-over-year in April, according to Statistics Canada's most recent consumer price index report.

Researchers from the University of Guelph's Food Institute and Dalhousie University surveyed more than 1,000 adults in Canada online between May 12 and 24 to determine if those rising prices have changed consumer grocery shopping behaviours.

The results suggest low-income households, less-educated people and younger generations are more vulnerable to volatile fruit and vegetable prices, said Sylvain Charlebois, the dean of the faculty of management at Dalhousie University in Halifax and one of the report's authors.

> **Because of climate change, we are expecting vegetable and fruit prices to become much more volatile.** Sylvain Charlebois

About one-quarter of respondents said they ate fewer fruits and vegetables over the past 12 months. Respondents with low incomes and lower education levels were more likely to have dropped produce from their diets than their wealthier counterparts, Charlebois said.

Slightly more than two-thirds of respondents said they passed on purchasing specific high-cost produce, such as cauliflower.

Many respondents — about 45 per cent — also purchased or considered buying frozen produce as a way to reduce their total grocery bill. Fewer of them — about 17 per cent — did the same with juice.

Those cost-cutting measures may be something consumers will continue to do as produce prices don't show any signs of easing.

In the University of Guelph's 2016 food price report, Charlebois predicts this year's food inflation will outpace general inflation, with vegetables increasing in price by two to four per cent and fruits by 2.5 to 4.5 per cent.

It's hard to say exactly how produce prices will play out in the future, he said, but costs are unlikely to stop rising.

"Because of climate change, we are expecting vegetable and fruit prices to become much more volatile than they have ever been," he said.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

THE CANADIAN PRESS

TOURISM

Majority planning trip inside country

More Canadians are expected to leave their passports at home this summer and hit the road in Canada as the weak loonie and low gas prices prompt a deeper exploration of their own country.

Canada's major tourism destinations are expecting a banner year as Canadians pursue staycations and more travellers from the U.S. and abroad visit the Great White North.

The Banff-Lake Louise area in Alberta is one of the country's most popular destinations, attracting nearly four million visitors a year. Following a 20 per cent increase last year, Parks Canada is anticipating a seven per cent hike in visits this year.

Niagara Falls, Cape Breton, Old Quebec City and Whistler are top Canadian destinations each year. But there are other options, such as the Calgary Stampede.

About 55 per cent of Canadians planning vacations this summer intend to explore Canada, up nearly seven points from last year, said the Conference Board of Canada. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, June 7, 2016

ROSEMARY WESTWOOD
ON WHY HILLARY SHOULD CHAMPION REPRODUCTIVE RIGHTS

She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points. Nothing cuts deeper than the right to control your own body.

Hillary Clinton might be pro-choice, but her campaign isn't nearly pro-choice enough.

Despite earning a Planned Parenthood endorsement (the first primary endorsement in its history) and her long support for abortion rights, it's only been one message among a muddled many.

It could be so much more. Come the general election, drawing women to the polls — especially young, single, Democrat-voting women who have been leaning heavily in Bernie Sanders's favour thus far — will be as essential as always for a Democratic win. And abortion rights could be the key.

The demographic reasons are obvious: As many as one in three women will get an abortion before age 45 in the U.S., according 2008 data. But that's not what makes it such a potentially potent issue for Clinton this election. For that, we can thank the abortion crisis sweeping across the United States. Aggressive lobbyists and regressive lawmakers are wiping abortions from the map.

In Texas, Louisiana, South Carolina, Oklahoma, Indiana and Florida, pro-life forces are pushing, and in places succeeding, at nullifying an inalienable right.

By restricting women's access to abortions through outlandish measures (forcing women to bury or cremate a fetus, requiring small clinics to build hospital-sized hallways, investigating Planned Parenthood and cutting state funding to clinics that provide abortions), lawmakers threaten to shutter dozens of abortion clinics, leaving women with the right to an abortion in name only. (This month, the Supreme Court could rule to uphold a Texas law that forces abortion clinic doctors to have admitting rights to hospitals, which would close eight clinics.)

This not only endangers a basic right, but by forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

It shouldn't be a hard sell, but Clinton isn't the salesman that Donald Trump is. Trump — who is pro-life — is a master of the sound bite and the galvanizing rhetoric. She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points with a similarly pointy edge: Nothing cuts deeper than the right to control your own body. All Clinton needs to do is hammer one simple thing home: Abortion access is under attack, and she is its saviour.

Pundits better placed than I, assume Sanders fans will skew Clinton if/when she becomes the nominee.

But there's preference for a candidate — and then there's cold, hard voting.

Recently, the Washington Post reported that women's fervent support for Clinton rises with age because their experience of sexism deepens as they have children and advance in their careers. Abortion could be the cause young women can relate to — and the cause that lets them relate to Hillary Clinton herself.

By forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

Metro POLL
Will you watch the NHL playoffs?

No Canadian teams are left in the running for the Stanley Cup. Back in April, ratings for the first week of the NHL playoffs were down 61 per cent. And now that the Pittsburgh-San Jose final is upon us, we asked how much attention you have been paying.

How much of the NHL playoffs have you watched this year, compared to past years?

80%: Less
It's hard to care with no Canadian content.
17%: About the same
The games are as entertaining as ever.
3%: More
It's a more interesting group of teams than usual.

No Canadian NHL teams + Raptors rocking the country = low NHL ratings.

There are way better things on TV than hockey.

I have my favourite couple of teams I watch and if they don't make it, I'm done.

Playoff hockey is still the best kind of hockey, regardless of which teams are playing.

visit metronews.ca HAVE YOUR SAY

If the Scarborough subway can't attract riders, let's cancel it

TORY'S TORONTO
Matt Elliott

Having carefully reviewed the updated ridership numbers for the Scarborough subway project provided last week by Toronto's planning department, I am prepared to offer this bit of analysis: These numbers suck.

They suck bad.

The new figures, unveiled at a community consultation last Tuesday, show the extension attracting just 7,200 peak direction riders during the busiest hour of the day in 2031.

This is way less than the 15,000 riders used as the benchmark for justifying subway service, and about half the ridership projected when Toronto City Council approved the subway in 2013.

The suck doesn't stop there. The extension is projected to attract 4,500 new daily transit riders. With a total budget of just over $2 billion, that's an absurd cost of acquisition.

And the extension offers few other benefits. It doesn't provide relief to the existing subway network. It doesn't bring transit any closer to people without service.

What it does, mostly, is cost money. A lot. The subway represents a 1.6 per cent charge on every residential property tax bill for three decades. When it opens it will, like the similarly underused Sheppard subway, require millions in annual operating subsidies.

My position on the project remains the same. It should be cancelled. All existing project plans should be burned to ash. Those ashes should be shot into space. No one should speak of this ill-advised, politically engineered subway extension again. Build a light rail network instead.

But I'm cynical. It doesn't seem to matter how low ridership projections sink or how big the budget grows, Toronto's political establishment — led by Mayor John Tory and a gaggle of Liberal MPPs in Scarborough — seems dug in. Scarborough will get a subway.

If that really is the outcome, then Tory and council at least owe it to residents of Toronto to ask planning and TTC staff to explore strategies to increase ridership.

That might mean adding more express bus service to create better linkages to the subway from areas like Malvern. It might mean increasing operating subsidies so the cost of a monthly Metropass isn't out of reach for many.

It might mean scaling back Tory's SmartTrack plan, so it doesn't compete for Scarborough ridership.

It might mean encouraging super dense, high-rise development in the wide area around Scarborough Town Centre, even if that means expropriating more homes.

Many of these ideas won't be popular, but all options must be on the table. Approving construction of the Scarborough subway with these ridership numbers would be an act of gross irresponsibility.

Either find ways to honestly improve the numbers or cancel this misbegotten project. There should be no middle ground.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

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metro LIFE

Your essential daily news

Anne-Marie Mediwake and Ben Mulroney named co-hosts of Your Morning, CTV's new morning show]

Shining a light on skin cancer

HEALTH

Caroline Cooper was a faithful sunscreen user, but still got sick

ABOVE: Caroline Cooper, glowing and in remission from melanoma. **INSET:** A painful skin rash — a side effect of the chemotherapy drug MEK 162 —worsened over six weeks of Cooper's cancer treatment. TORSTAR NEWS SERVICES

Caroline Cooper's passion was outdoor adventure, guiding canoe trips, rock climbing and wilderness trekking. In 2013, she'd landed a dream job in Hong Kong, teaching kids to surf, kayak, rappel.

"My office was the outdoors," explains Cooper, 29.

Fair-skinned, she always wore a SPF 30 sunscreen and conscientiously reapplied it to prevent getting burned. But she never worried the sun exposure would lead to skin cancer.

"I thought skin cancer was just an ugly mole, something you cut off," says Cooper.

That changed when she was diagnosed with melanoma, the deadliest form of skin cancer. The rate of melanoma has been rising in Canada, about 2 per cent a year for men and 1.5 per cent for women.

For Cooper, it began one morning in Hong Kong when she noticed a golf ball-sized lump on her neck. A doctor there biopsied it and told her it was melanoma.

"That's a good thing, right?" she blurted out, having feared breast or brain cancer.

"No, not really," he replied.

She returned to Toronto. Medical scans revealed tumours in her neck. Cooper underwent surgery that removed 63 lymph nodes from her neck. Eleven were cancerous.

"I have a scar running three-quarters the way around my neck," she says.

Cooper had 33 radiation treatments. By the end of 2013, evidence of the disease was gone, but the oncologist warned her it might return.

Sure enough. Follow-up scans in the summer of 2014 showed spots in her lungs, liver and at the base of her skull. The melanoma had spread.

"Nobody asked me about death, but the thought was going through everyone's mind," says Cooper.

She was enrolled in a clinical trial for the drug MEK162. "It kicked my ass," says Cooper about the side effects — severe nose bleeds, hair loss, sore joints and a rash on her face and torso so painful she required morphine. The young woman who once energetically scrambled up rock faces was curled up for three-hour naps.

In six months, the tumours shrank 30 per cent, but then the drug stopped working. "My body built up a resistance, which my doctor had predicted," she explains. She was transferred to another drug, ipilimumab. It caused fewer side effects, but scans showed improvement.

During her post-radiation remission, Cooper had met Justin Douglas on an online dating site, and the two grew close. He accompanied her to medical appointments and moved in with her and her parents when the cancer returned. "He would hold me when I cried, and I could tell him things that scared me," says Cooper. "He was my knight in shining armour."

On June 13, 2015, the two married. Three months later another scan showed she was fully in remission.

She won't return to leading outdoor adventures, the career she loved. "It's my skill set. I can set up a tarp with my eyes closed," explains Cooper, who is grappling with changing career paths.

In all her time outdoors, she never had a bad sunburn, a risk factor for skin cancer. Nor did she ever go to a tanning salon, another possible factor.

"It was just all the days out in the sun added up," she says. "It can happen to anyone."

TORSTAR NEWS SERVICE

NEED TO KNOW

Types of skin cancer
Basal cell: Can cause disfigurement; **Squamous cell:** Can grow and spread; **Melanoma:** Can be deadly.

Mole warning signs
Talk to your doctor about black, multi-coloured or irregular moles more than 6 mm in diameter.

The right sunscreen
Wear water-resistant SPF 30 or higher, broad spectrum (UVA and UVB rays). You can apply just before going out. Use SPF 30 lip balm.

The right clothing
Wear a broad-brim hat and tightly woven shirts and pants. Look for sunglasses labelled UV 400 or 100 per cent UV protective.

Source: Dr. Jennifer Beecker, Canadian Dermatology Association

Here we go!
The Kit Compact—Canada's beauty and style pop-up mag—is back.
#thekitcompact thekit.ca/compact
FROM THE EDITORS OF THE KIT
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PHOTOGRAPHY BY JANE AND JANE

JOHANNA SCHNELLER WHAT I'M WATCHING

A spy show that's really about marriage

THE SHOW: The Americans, Season 2, Episode 5 (Shomi)
THE MOMENT: The girl talk

Keri Russell and Alison Wright star in The Americans. CONTRIBUTED

Soviet undercover agent Philip (Matthew Rhys), posing as mild-mannered Clark, married FBI secretary Martha (Alison Wright), to wring secrets from her. But Martha's getting fed up with Clark's absences. Philip's real wife and fellow spy Elizabeth (Keri Russell), posing as Clark's sister, drops in on Martha to appease her. A bottle of wine in, Martha confides, "Clark's so uptight. Except when we're, you know."

Elizabeth's smile freezes. "Really?" she asks.

"Oh my God, he's wild," Martha coos. "I don't know where it comes from, what he does."

"What does he do?" Elizabeth asks, unable to stop twisting her earring.

"He's a gentleman. Just not in the sack," Martha says. "In the sack he — he just makes me his."

"Hmm," Elizabeth says. "Hmm."

Whoo-ee! Philip and Elizabeth may be kickass spies, but this series is really about marriage: How spouses disappoint one another, the secrets they keep. We learn so much about these two — more than they know, sometimes — that they feel like the couple next door.

Elizabeth has been living with a man she thinks she knows, who has let her down often enough that she's prone to dismiss him. But to hear about "him" from another woman, who's getting something she's not — Russell does a terrific job making Elizabeth look subtly ill. And Martha is a fabulous character, someone who's perpetually underestimated, but should not be.

Because Elizabeth is my neighbour now, I knew this chat would get under her skin. Sure enough, she — no, I won't spoil it. Watch episode six.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

EATING

Pop feeds obesity bubble as endorsements keep piling up

Would U.S. teens be any slimmer if Katy Perry hawked kale and quinoa?

New research doesn't prove a link, but its authors think music stars popular with teens may be contributing to the obesity epidemic by endorsing fatty fast food, snacks and soda.

The study shows that 20 of the hottest teen-music heartthrobs have done TV ads or other promotions for products nutritionists consider unhealthy. Included were videos of company-sponsored concerts.

Of 107 food and drink endorsements included in the study, few were for nutritious foods, the researchers said. Lead author Marie Bragg, a food policy and obesity researcher at New York University, singled out one "natural whole-food product." That was South Korean pop star Psy's "crackin' gangnam-style" TV ad for Wonderful pistachios, shown during the Super Bowl in 2013.

About 80 per cent of celebrity-endorsed food ads were high-calorie products including snack chips and chocolate, or fast-food restaurants including McDonalds, Chili's and A&W. Most of the beverage ads were for sugary sodas.

Katy Perry endorses Pepsi and Popchips. GETTY IMAGES

The list includes Perry endorsements for Pepsi and Popchips; Justin Timberlake ads or promotions for Chili's, McDonald's and Pepsi; and will.i.am ads or campaigns linked with Coca-Cola, Doritos, Dr. Pepper and Pepsi.

The study was published Monday in the journal Pediatrics.

Ads can influence behaviour, and the researchers say the results have important implications, given the high obesity rates. Government statistics show that about 20 per cent of U.S. teens are obese and even more are overweight.

"Celebrities should leverage their influence to promote more healthful messages," the researchers said.

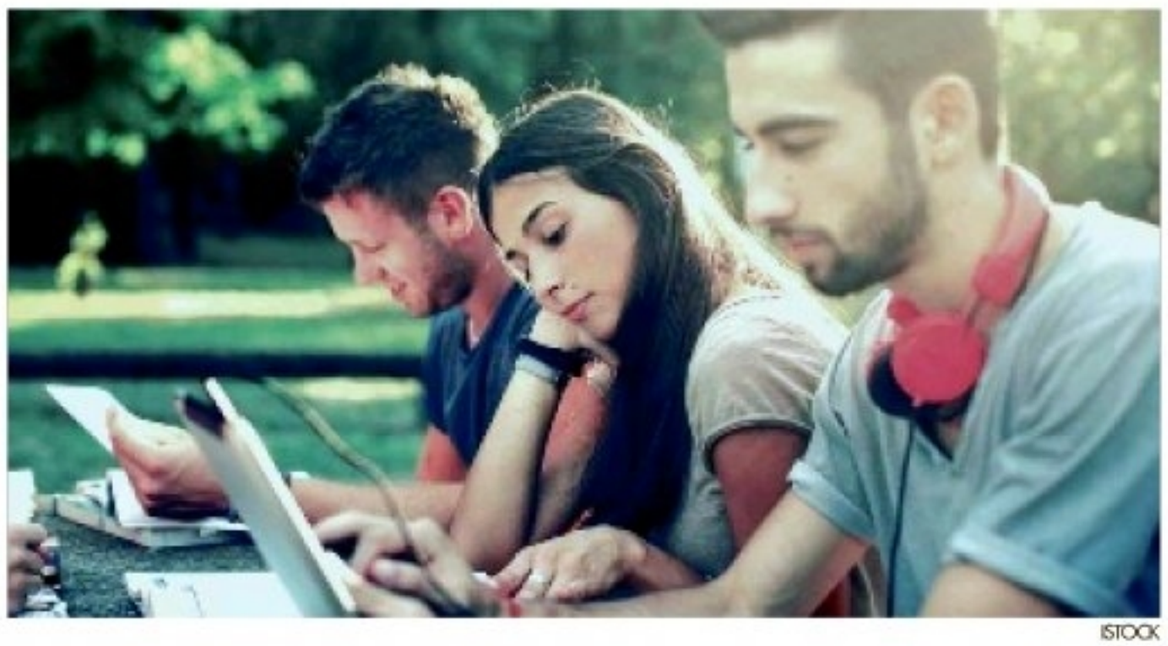
They selected music performers who have appeared on Teen Choice Award shows and who had hits on the Billboard Hot 100 Charts in 2013 and 2014. They included ads from 2000 to 2014.

They cited previous studies linking food and beverage marketing with excess eating and childhood obesity. Bragg noted a 2013 study from Australia that found sports celebrity endorsements influenced 11-year-old boys to buy fast food.

Bragg said it would be unrealistic to expect teens to only eat healthy foods, or to ask celebrities to only endorse those products. She said "moderation" and "a better balance" of ads would be ideal. be ideal. THE ASSOCIATED PRESS

LEARNING CURVE

Finding the right work/ fun balance



ISTOCK

Being released from college or university for the summer can be a very liberating feeling. Initially it's good to enjoy your time off but sooner rather than later, rigid as it sounds, students should figure out a work-to-fun ratio for how they plan to spend their summer.

Obviously, this ratio changes from individual to individual based on personal circumstance so act according to where you live, what you need to live and how strong family's financial situation is. Experienced student Lindsay Vandewater offered up her opinion. "Do things in moderation and be mindful that a new school year is around the corner," says the double major in psychology and biology at St. Mary's University in Halifax. "Summer months are usually when students want to have fun with friends and travel but keep in mind that most students will still have to pay rent and/or tuition so motivate yourself to stay on a budget."

Students should evaluate how productive their most recent post secondary year was and go from there. If you genuinely feel you need to study more then do so, or take a course to sharpen up for the Fall. On the other hand if you feel satisfied and content with your work rate then earning extra money will broaden your recreational options and activities for the summer ahead and possibly allow you to purchase some luxuries throughout the upcoming term on campus. "Looking at the historical ratio between average income available to a student — even if they are working full time — and the cost of a post secondary education, there is quite a bit of disparity these days," says Ava Nasiri, the president of the Alma Mater Society for students at UBC Vancouver. "It's often something students neglect but it's really important for them to have their finances balanced. This isn't always possible as every individual has a different story and a different financial situation. It's definitely tougher in today's world for students to pay their own way through university education."

Regardless of how tricky it can be or how you choose to strike your work-play balance this summer, just make sure to err on the side of caution and put your studies first. Securing those post secondary qualifications should be your foremost future goal so promise yourself that a negligent or indulgent season doesn't dent or hinder your chances of achieving that goal.

CONTRIBUTED

Become a financial administration professional

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THE APPS ARE JUST WAITING TO BE BUILT

The saying, "There's an app for that" has become commonplace in today's digitally driven word. This fall, when Centennial College launches its mobile applications development program, students will learn that there are many applications just waiting to be built as they prepare to enter the fast-growing mobile software application development market.

"There are apps for many things, but not for everything," says Ilia Nika, a professor in the offering. "There is a strong demand for developers and this program will get students ready to either launch their own business building apps or work for a company building apps."

A graduate certificate program, mobile applications development is geared towards those with a post-secondary diploma or degree in computer science or computer programming. It emphasizes learning to develop mobile apps for Google Android and Apple iOS devices while also exploring advanced topics such as mobile app development, web and enterprise technologies, user interface and experience, and emerging technologies.

Predrag Pesikan is the chair of information and communication engineering technology at Centennial's School of Engineering Technology and Applied Science. He says what truly sets the program apart, however, is its project-based approach.

"We want to offer the best student experience in Canada in terms of an education on a cutting edge technology that's needed," he says. "Students will have lots of opportunities to work on projects and interact with the industry. In fact, for their capstone project they will develop an app that will end up in the Google Play or the Apple App Store."

Supporting and guiding students in their studies will be faculty members, about 80 per cent of whom, says Nika, are still working in the field — ensuring students obtain real time and current knowledge of best practices. Industry presence in the program will also be felt through a major partnership.

CONTRIBUTED

"We are currently in the process of a working on a five-year plan of support with one of the leading smart phone markers in the world," says Pesikan. "So, students will interact with one of the biggest electronics players through potential internship opportunities or paid positions upon graduation, program funding and more."

metro SPORTS

Stephen Curry has withdrawn from consideration for the U.S. Olympic team, citing recent ankle and knee injuries

Laine pushing hard to garner No. 1 status

NHL

Finnish athlete says he and rival Matthews are 'quite even'

Patrik Laine insists that he should be the first player selected at the upcoming NHL draft, but the explosive Finnish winger says there's no animosity or awkwardness between him and consensus No. 1 pick Auston Matthews.

The star prospects visited the Stanley Cup final Monday alongside a few other draft-eligible players in what's become an annual tradition for the NHL.

"We're friends," Laine said of the star American centre. "We don't have to talk about hockey and we know that we're going to be good players in the NHL some day and we don't have to compete in our free time."

Still, Laine believes the Toronto Maple Leafs should make him the top pick despite a widely held belief that Matthews will go first in Buffalo.

"That's always been my goal," Laine said. "And after this season I think it's really possible to go first."

"I want to be No. 1 because I want to show everybody that I want to be the best player in this draft," Laine added.

Laine is indeed coming off a strong season on many fronts.

Patrik Laine speaks to members of the media on Tuesday in San Jose. BRUCE BENNETT/GETTY IMAGES

Starring as a teenager for Finland's silver-medal winning squad at the world championship last month, he tied for the tournament lead with seven goals and was fourth among all players with 12 points in 10 games.

He came up with 17 goals and 33 points in 46 games in the Finnish league regular season, also posting seven goals and 13 points for Finland at the world junior championship, held on home turf in Helsinki.

> **I want to be the best player in this draft.**
> Patrik Laine

Laine is the flashier, more explosive of the two top prospects, an exciting goal-scorer capable of wowing a crowd. Matthews has the size (six-foot-two, more than 200 pounds), skill and speed alluring to teams in search of a franchise centre.

Toronto, which parted ways with longtime No. 1 centre Mats Sundin after the 2007-08 season, is one of those team and it's believed that Matthews will indeed be their choice.

Laine said it was nice to have a player he could compete with, someone who could push him to greater heights. He wouldn't go so far as to say that he's better than Matthews.

"I think we're quite even," said Laine. "He's better than me in some stuff and I'm better than him in some of the things. I wouldn't say that one (or the other) is better. I think we're quite even right now."

THE CANADIAN PRESS

ALI FUNERAL

Farewell 'designed by The Champ himself'

Muhammad Ali and his innermost circle started a document years ago that grew so thick they began calling it "The Book."

Its contents will soon be revealed.

In the pages, the boxing great planned in exact detail how he wished to say goodbye to the world.

"The message that we'll be sending out is not our message — this was really designed by The Champ himself," said Timothy Gianotti, an Islamic studies scholar who for years helped to plan the services. "The love and the reverence and the inclusivity that we're going to experience over the coming days is really a reflection of his message to the people of planet Earth."

The 74-year-old three-time heavyweight champion wanted the memorial service in an arena. He wanted multiple religions to have a voice while honouring the traditions of his Muslim faith. And he wanted ordinary fans to attend, not just VIPs.

> **Our job now, as a city, is to send him off with the class and dignity and respect that he deserves.**
> Louisville Mayor Greg Fischer

Former U.S. president Bill Clinton, a longtime friend, will deliver the eulogy at the funeral at the KFC Yum! Center, where the 15,000 seats are likely to be filled.

THE ASSOCIATED PRESS

IN BRIEF

> **A lot of people might say it's a lot of pressure ... but for me I am proud.**
> NBA prospect Domantas Sabonis, son of Arvydas, worked out for the Raptors in a session on Monday

Love's status up in the air

Kevin Love was cleared to fly. His playing status remains up in the air.

Cleveland's forward, who sustained a concussion in the first half Sunday in a Game 2 NBA Finals loss to Golden State, travelled with his teammates on Monday as they regrouped.

It's not yet known if Love, who dislocated his left shoulder in last year's playoffs and missed the finals, will play again in the series. THE ASSOCIATED PRESS

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Time and punishment

MLB

McMaster study looks into health risks of the pitch clock

If Major League Baseball were to introduce a pitch clock to quicken the pace of play and shorten games it would also increase the injury risk to pitchers, a McMaster University study has found.

Increasing pace of play is a stated priority for MLB commissioner Rob Manfred, who implemented a handful of measures last season that successfully reduced the average time of games.

The league has also experimented in the minors with a pitch clock that requires pitchers to deliver within 20 seconds or have a ball added to the count. There has been speculation Manfred would like that in MLB.

But doing so could have unintentional consequences for pitchers' health, says Michael Sonne, an ergonomics researcher, formerly with McMaster's Occupational Biomechanics Lab.

"One of the risk factors that we typically look at with muscle fatigue and injury is the amount of time people have to recover from doing effort," says Sonne, who investigated the potential effects a pitch clock would have on major-league pitchers' elbow muscles in a study published earlier this year in the Journal of Sports Science.

Sonne and his co-author, McMaster kinesiology professor Peter Keir, found that reducing the time between pitches limits a pitcher's ability to recover from fatigue, which in turn increases risk of injury.

"When you have this type of fatigue you essentially lose the ability to stabilize the (elbow) joint as they throw," he said.

Sonne and Keir used data on the time pitchers take between pitches from Fangraphs.com — a baseball statistics website — and then looked at muscle activation patterns for fastballs and curveballs. They then created simulation models to project the effect of reduced rest on an individual pitcher's muscles.

Sonne said he wasn't surprised by the results. In ergonomics, injury risk is evaluated by looking at four main factors: force, repetition, posture and duration, he said.

The first three are not going to change for a pitcher, but if a pitch clock was in place, the duration would.

"You're looking at the duration of exposure to pitching, but also the duration of rest," he said. "If you put in this pitch clock it's a very cut-and-dry way of reducing the amount of recovery time that a pitcher has."

Fatigue is often understood bluntly in the number of total pitches thrown. But the number of pitches per inning, the stressfulness of each pitch and also the time between all factor in. If time is reduced Sonne said there could be an increased load on the ulnar collateral ligament, which is the problem in so-called Tommy John surgeries.

For pitchers who work quick — like the Jays' Marcus Stroman, who is averaging 19.4 seconds between pitches in 2016 — a 20-second clock isn't likely to have much impact. But for a slower-worker like David Price, who takes more than 25 seconds, the impact could be major. Sonne's study found Price's muscle fatigue inside a given inning would rise from a peak of 7.2 per cent at his own pace to 8.7 per cent with a 20-second clock.

"It seems like a small amount, but when a pitcher is throwing at maximum effort, every bit of muscle force matters."

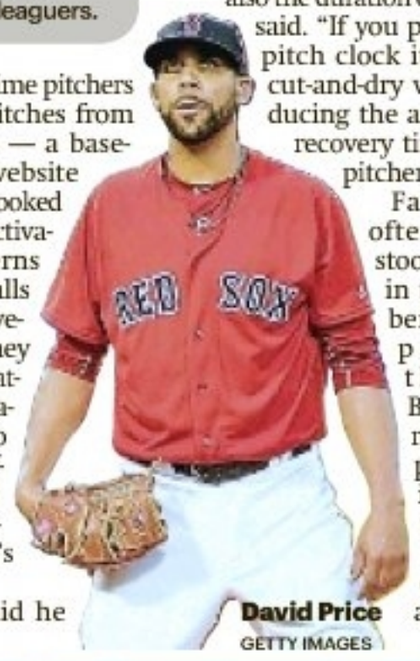
Meanwhile pitch clocks are still on the table. Manfred recently told ESPN he remains concerned about the length of games after the average time of games this season has crept back over three hours after it was reduced to 2:56 last season.

TORSTAR NEWS SERVICE

00:12

The MLB rules actually state pitchers should only take 12 seconds between pitches, but the rule has never been enforced. A 20-second pitch clock is two seconds faster than the average time between pitches for major-leaguers.

Marcus Stroman TORSTAR NEWS SERVICE



David Price GETTY IMAGES

MONDAY NIGHT

In Detroit

11	0
TIGERS	BLUE JAYS

Michael Fulmer allowed two hits over six innings in another outstanding performance, and Justin Upton and James McCann homered to lift the Detroit Tigers to an 11-0 win over the Toronto Blue Jays on Monday night.

J.A. Happ allowed six runs and six hits in five innings. McCann's three-run homer opened the scoring in the second, and Upton added a two-run shot in the third. THE ASSOCIATED PRESS

J.A. Happ THE ASSOCIATED PRESS

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RECIPE Niçoise Salad

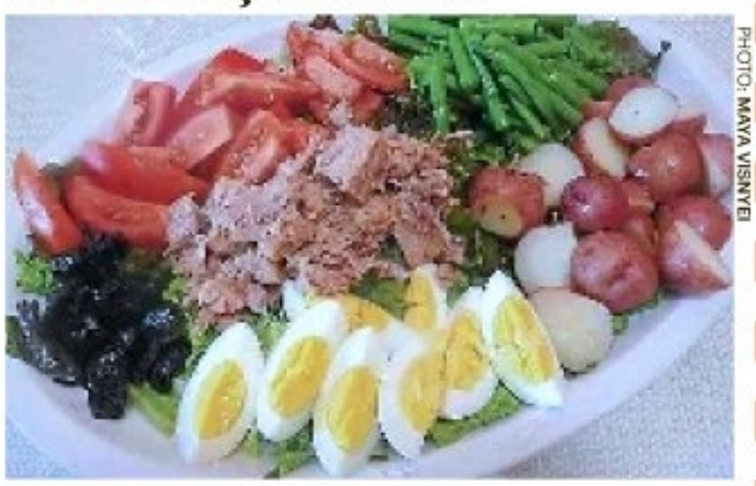

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A large dinner salad can give a family enough variety so everyone feels there is something in it for them, and this easy Niçoise delivers double on delicious elements.

Ready in
Prep time: 25 minutes

Ingredients
- 8 small red potatoes
- 2 handfuls of green beans, washed and trimmed
- 1 head of lettuce (I like Boston but a salad mix would work, too)
- 1 can tuna
- 2 hard-boiled eggs, quartered
- 4 plum tomatoes, quartered
- ¼ cup black olives, pitted

For the dressing:
- 1/3 cup white wine vinegar
- 1 tbsp Dijon mustard
- 2 tsp honey
- ⅓ cup olive oil
- salt and pepper to taste

Directions

1. Bring a large pot of salted water to a boil.

2. Place your potatoes in the boiling water and cook for about 5 minutes. Add the trimmed green beans to the pot for another 3 minutes until all the vegetables are tender. Drain well and set aside.

3. Wash and spin your salad greens. Tear or chop into bite-sized pieces. Toss the greens in a bit of salad dressing, coating them lightly. Spread your dressed greens on a platter.

4. Arrange your ingredients in small mounds, tuna in the middle (broken up into chunks), beans together, potatoes together, olives together, etc.

5. Drizzle salad dressing over.

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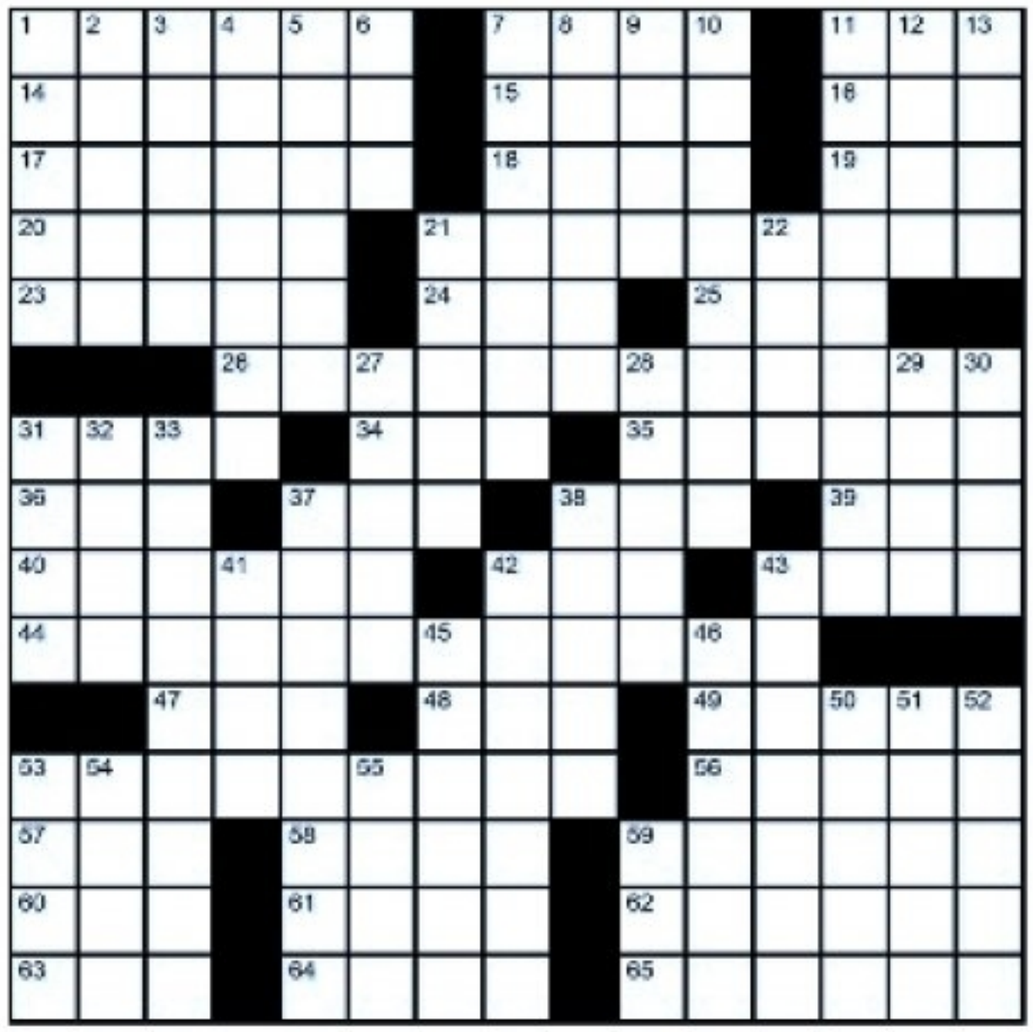
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Garlic shrimp dish
7. __ milk
11. Better
14. Adam Levine's band, __ 5
15. Mozart opera, __ Fan Tutte
16. Apple Pie Mode's missing slices?
17. Gives warning
18. __ __ were (Seemingly)
19. Mary __ (Cosmetics company)
20. Ms. Bow, the 'it girl' in "It" (1927)
21. Food Network champions: 2 wds.
23. Metric weights, briefly
24. Reno's li'l state
25. G'days
26. 1984 chart-topper for Prince: 3 wds.
31. Scottish rolls
34. 'King' in Spain
35. Region of France
36. 'Hotel' suffix
37. Jnr. opposite
38. Quebec's largest city [abbr.]
39. Kitchen and den, etc. [abbr.]
40. Bands
42. Fitness system, __ Bo
43. FDNY's 'D' [abbr.]
44. Techie tune in "Purple Rain" (1984) starring Prince: 2 wds.
47. Sir McKellen
48. Compete
49. Birth-related
53. Prince-written song by Canadian-lead-singer trio Vanity 6: 2 wds.
56. Barter
57. "Entourage" superagent
58. Mr. Johnson of "Laugh-In"
59. Rhoda's little sister on '70s TV
60. Yearning
61. Printer paper purchase
62. English novelist Jane
63. Wilt
64. NASDAQ rival
65. Clever comeback

DOWN
1. __ dab in the middle!
2. Prefix to 'graphy' (Fancy writing)
3. "Is that __ __ sapphire?" (Jewellery store query)
4. Days following todays, olde-style
5. Saskatchewan export
6. Amer. pals to CMs on rulers
7. __-cat
8. Where Pristina is the capital
9. "The cheque __ __ the mail."
10. Canadian singer/songwriter Joni, one of Prince's musical inspirations
11. Is prudent: 2 wds.
12. Count __ (2004 Jim Carrey role)
13. Compensates
21. __ tube (Lake fun thing)
22. Kitty sound effect
27. Accounting firm, __ & Young
28. Historical drama of 2000 starring Uma Thurman, Tim Roth and Gerard Depardieu
29. Red Serge force, commonly
30. Tues., on Wed.
31. 'Canada' begins with one: wd. + letter
32. 'Air'-meaning prefix
33. Bright, as an outcome
37. Rope of twisted-together-strands: 2 wds.
38. Silent film actress Ms. Normand
41. __ __ the crack of dawn
42. Ancient three-levels-of-oars Mediterranean ship
43. Most cherished
45. Madonna's 1996 title role's namesakes
46. False
50. So much, in music
51. Calculator ...when using the + sign
52. Resembled the Tower of Pisa
53. Refusals
54. Expanse
55. Stone hue
59. Stop

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something unexpected will interrupt your home routine today. Small appliances might break down or minor breakages could occur. Be patient with family members to keep the peace.

Taurus April 21 - May 21
This is an accident-prone day for your sign, so pay attention to everything you say and do. Before you speak, count to three and keep your eyes open! This puts you in control.

Gemini May 22 - June 21
Today you might find money, or you might lose money. Stay in touch with your bank account. Guard your possessions against loss or theft, because today is a crapshoot.

Cancer June 22 - July 23
Your plans regarding sports events, parties or a fun escape might be interrupted because a parent, boss or police person intervenes. (Oops!) Just be aware of this.

Leo July 24 - Aug. 23
This is a restless day for you. You're not sure whether to act or wait, because things are unpredictable. (It never hurts to first find which way the wind is blowing.)

Virgo Aug. 24 - Sept. 23
A friend likely will surprise you by doing something you least expect today. Or possibly, you will meet someone new who is bohemian, unorthodox or just weird.

Libra Sept. 24 - Oct. 23
It's hard to predict people in authority today — parents, bosses, VIPs and the police. Just be aware that someone is going to throw you a curveball. Forewarned is forearmed.

Scorpio Oct. 24 - Nov. 22
Travel plans will change today. They might be canceled or rescheduled. On the other hand, you suddenly might have a fresh opportunity to travel. Yay!

Sagittarius Nov. 23 - Dec. 21
Something unexpected might affect discussions about inheritances, taxes, debt and shared property. Stay in touch with your bank account so you know what's happening.

Capricorn Dec. 22 - Jan. 20
A friend or spouse might want more freedom in the relationship. Someone close will do something today that surprises you. Expect an unusual request from someone close to you.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted by canceled meetings, power outages, fire drills, computer crashes — something. A co-worker might do something that surprises you.

Pisces
Feb. 20 - March 20
This is a mildly accident-prone day for your kids, so be vigilant. This is also an accident-prone day for sports. Meanwhile, social plans might suddenly change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		6			5			1
		2	9		3	6		8
5		7		2		9		
		9		3		4		7
1		5	2		9	7		
8			6			2		4

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3	4	2	8	5	6	7	1	9
5	3	9	6	7	1	2	4	8
8	2	6	4	3	9	1	5	7
1	7	4	2	8	5	3	9	6
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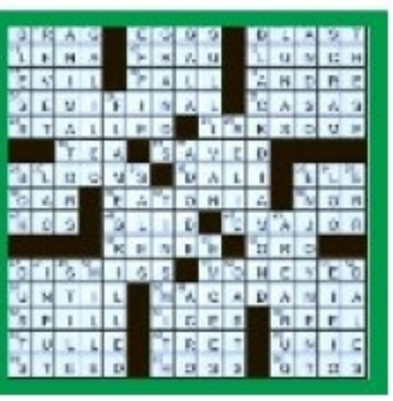
2	6	3	5	9	8	4	7	1
7	9	1	3	2	4	6	8	5



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